

Golden Haloumi & Lemony Couscous

with Roast Veggies & Herby Yoghurt

Grab your Meal Kit with this symbol



Beetroot



Carrot



Garlic & Herb Seasoning



Haloumi



Garlic



Herbs



Mixed Leaves



Lemon



Greek-Style Yoghurt



Vegetable Stock Powder



Couscous

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 20-30 mins
- Ready in: 35-45 mins
- Calorie Smart

Loaded with lush roast veg and zesty couscous, and brought together with a dollop of creamy yoghurt, this honey-spiced haloumi dish is a delight with every bite!

Pantry items

Olive Oil, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
beetroot	1	2
carrot	1	2
garlic & herb seasoning	1 medium sachet	1 large sachet
haloumi	1 packet	2 packets
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
mixed leaves	1 small bag	1 medium bag
lemon	½	1
Greek-style yoghurt	1 medium packet	1 large packet
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
honey*	2 tsp	4 tsp

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2569kJ (614Cal)	612kJ (146Cal)
Protein (g)	29.2g	7g
Fat, total (g)	24.3g	5.8g
- saturated (g)	14.8g	3.5g
Carbohydrate (g)	64.1g	15.3g
- sugars (g)	26.5g	6.3g
Sodium (mg)	1810mg	431mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1 Roast the veggies

Preheat oven to **220°C/200°C fan forced**. Cut the **beetroot** into small chunks. Slice **carrot** into thick rounds. Place prepped **veggies** and **garlic & herb seasoning** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread in a single layer and roast until tender, **25-30 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



2 Get prepped

Meanwhile, pat **haloumi** dry, then cut into 1cm-thick slices. Finely chop **garlic**. Pick and finely slice **herbs**. Roughly chop **mixed leaves**. Finely zest **lemon** to get a generous pinch, then slice into wedges.



3 Make the yoghurt

In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic**, stirring, until fragrant, **1 minute**. Transfer to a small bowl. Allow to cool for **5 minutes**, then stir in the **Greek-style yoghurt** and 1/2 of the sliced **herbs**. Season to taste, then set aside.



4 Cook the couscous

In a medium saucepan, combine the **water** and **vegetable stock powder** and bring to the boil. Add **couscous** and stir to combine. Cover with a lid and remove from heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



5 Cook the haloumi

While couscous is cooking, return frying pan to medium-high heat with a drizzle of **olive oil**. When oil is hot, cook **haloumi** until golden brown, **2 minutes** each side. Remove pan from heat, then add the **honey**, turning **haloumi** to coat. Set aside. Gently stir the roasted **veggies** through **couscous**, then add **mixed leaves**, **lemon zest** and a generous squeeze of **lemon juice**. Stir to combine.



6 Serve up

Divide lemony couscous between bowls. Top with golden haloumi. Spoon over the herby yoghurt. Garnish with remaining herbs. Serve with any remaining lemon wedges.

Enjoy!

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